

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

FRIDAY, JANUARY 15, 2020



Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!

TELEBRIEFING SCHEDULE UPDATE:

Our telebriefings will now take place every second and fourth Thursday of the month.

Make sure you join us Thursday, January 28th from 10 - 11 AM for another online forum and Q&A. To submit your questions in advance, [click here](#).

Special Thanks to our January 14th Telebriefing Guest:



Matt Foster

President & Chairman
North County San Diego Veterans Stand Down

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – [Click here](#)

In Case You Missed It...



North County Veterans Stand Down (NCVSD) is a four-day event that enables homeless veterans to receive much-needed services in a safe, friendly, drug-free and secure environment. Their mission is to restore veterans the dignity they earned and empower them to become productive members of the community. With an estimated population of over 80,000 veterans in North County alone, NCVSD believes the community should come together to help less fortunate veterans and their families. Stand Down offers veterans a variety of services, such as legal, medical and dental, employment, and housing. During

NCVSD, homeless veterans, their families, and pets will receive food, lodging, clothing, and a variety of services to help them both physically and mentally. After two Stand Down events, over 300 homeless veterans have been helped, with more than 3,000 meals served, \$112,000 in court fines forgiven, and 150 pairs of eye glasses made on site. To learn more about NCVSD, [click here](#). NCVSD is actively looking for volunteers and donations for their event. To learn more about getting involved with NCVSD, click [here](#). For other questions or concerns, call (866) 535-2038 or contact info@NCVSD.org.

Events and Announcements

Courage to Call is hosting a drive-thru feeding and diaper distribution event at 10 a.m. on Saturday, Jan. 23 at Southwestern Community College on 900 Otay Lakes Rd, Chula Vista, 91910. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID.

SDVC Monthly Meeting active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, Feb 5. For details, visit sdvetscoalition.org.

Wellness Wednesday is an virtual event hosted by Courage to Call to teach military members, veterans, and their families about wellness topics and helpful resources every Wednesday at 4:00 p.m. To participate in Wellness Wednesday, visit the [Courage to Call Facebook page](#) and join through Facebook Live.

North County Veterans Stand Down is a four-day event that enables homeless veterans to receive much-needed services in a safe, friendly, drug-free and secure environment. It will be held at Green Oak Ranch at 1237 Green Oak Road, Vista, CA 92081 from Thursday, April 14 through Sunday, April 18. For details, visit NCStandDown.org.

County Surpasses 2,000 COVID-19 Deaths, Reports Youngest Victim

The County of San Diego has reached a somber milestone in the COVID-19 pandemic, reporting a total of 2,005 San Diegans lost to the virus. This includes an additional 53 deaths reported to the County Health and Human Services Agency on Jan. 14.

The deaths reported on Jan. 14 include a 19-year-old male, the youngest San Diegan to die from complications of COVID-19.

County public health officer, Wilma J. Wooten, continues to urge San Diegans to do the following: Wash your hands, watch your distance around others, wear a mask, and stay home and get tested when you are sick.

To read the full *County News Center* story, [click here](#). To learn about the Regional Stay at Home Order, [click here](#). To learn more information about COVID-19 and the County's detailed data summaries, [click here](#).

County Plans to Offer COVID-19 Vaccine to People 65 Years and Older

Gov. Gavin Newsom has announced that people 65 years of age and older are the next priority group for COVID-19 vaccination, and the County is planning to make the

vaccine available to them as soon as possible. The County has asked local providers to give priority to people 65 and older with underlying medical conditions.

The region is currently vaccinating the 620,000 health care professionals and other priority groups in Phase 1A. Vaccinations to the more than 600,000 people in Phase 1B will begin to be available later this month, provided there are COVID-19 vaccination doses available.

Starting in February, the County will begin to open three more vaccination super stations in other parts of the region. Through Jan. 12, a total of 92,305 COVID-19 doses have been administered to San Diegans.

To read the full *County News Center* story, [click here](#). To learn more about the phased approach for COVID-19 vaccinations, [click here](#).

FAQ's: Remember to Get Your Flu Shots!

It is possible to get the flu and COVID-19 at the same time. Common symptoms of both the flu and COVID-19 are fever, cough, difficulty breathing, fatigue, body aches, runny nose, headache, and sore throat.

Q: Why should I get the flu shot?

A: It reduces the chances of getting the flu or severity of complications. There is a well-documented risk of flu in vulnerable populations: residents and employees at long-term care facilities, elderly, and those with underlying conditions. The CDC recommends everyone over the age of 2 get an annual flu vaccine.

Scan this QR code with your phone:



Q: Does the flu shot protect me if I was exposed to COVID-19?

A: Higher seasonal flu vaccination rates in the elderly (65+) are correlated with fewer deaths from COVID-19. In addition to getting the flu shot, following physical distancing guidelines and wearing a facemask can help reduce exposure to COVID-19 and the seasonal flu.

Q: Where can I get my flu shot?

A: Use the [VA Facility Locator](#) to find information on hours and locations for your local VAMC and find an in-network retail pharmacy or urgent care facility.

To read more FAQ's about flu shots, [click here](#). To learn more about the 2020-21 flu season, [click here](#). Scan the QR code to find a flu shot location near you!

CA Notify: California's Exposure Notification System

CA Notify is a completely voluntary and secure tool to notify people if they've been exposed to someone with COVID-19.

Here's how it works:

- CA Notify uses Bluetooth technology to exchange random codes with the phones of others who have also opted in.
- You will receive an anonymous alert only if you were in close contact with another CA Notify user who tests positive for COVID-19.
- You can choose to send an anonymous alert to other CA Notify users if you test positive for COVID-19.
- Your privacy is protected. Your identity is not known and your location is not tracked.

How to opt in:

- iPhone users can enable Exposure Notifications directly from Settings:
 - Step 1: Open the Settings app
 - Step 2: Scroll to Exposure Notifications
 - Step 3: Turn on and select United States and California
- Android users can download CA Notify through the Google Play store and follow the prompts to activate.

To learn more about CA Notify, [click here](#). For help activating your phone, call (888) 421-9457 or [click here](#).

Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit www.courage2call.org, or call 1-877-698-7838, or 2-1-1.

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

Continue to Stay Informed



[County Coronavirus Website](#)



[Resources for Military, Veteran's & their Families](#)



[Resources & Materials](#)



[Testing Information](#)

